

Health Recognition
 -Psoriasis Awareness Month
 -National Immunization Awareness Month
 -National Health Center Week
 -Contact Lens Health Week

Bernice Fonteneau Senior Wellness Center Calendar of Activities

3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

August 2015

Hours of Operation:
 Monday & Friday
 8:30 am - 4:30 PM
 Tuesday, Wednesday & Thursday
 7:30 am - 7:00 pm
 Saturday
 7:30 am - 1:00 pm

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"  8:45 Strength Training 8:45 Coffee & Conversation 9:00 Health Education- Sugar Addiction in America 9:30 - 11:00 HEED Program 10:00 Reiki with BFSWC Practitioners- Rm 308 9:45 Aerobics Combo 10:30 Tai Chi 10:30 Beginner Therapeutic Stability Ball 11:00 Health Education- Rm 306 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Health Education-Sugar Addiction 1:00 "Rec Room"- B-08  1:30 2:00 Sewing Class 1:30- 4:00pm Individual Piano Lessons 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close	(Deborah out until 10) 7:30-6:45 Open Gym & Computer Lab 8:45 Current Events 9:00 Health Education- Center for Vein Restoration Ultrasound Demonstration 9:30 Yoga @ Yoga Heights 9:30 Intermediate Stability ball 9:00 - 11:30 "Food Inc." Screening 9:30 to 11:00 Reiki with Ruth 11:00 Aerobics w/Kojak 11:00 - 1:00 Staff Meeting 12:00 Lunch 1:30 Produce Plus Distribution 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (Falen) 2:00 Beginner's Quilting Class - Rm. B01 3:00 Health Assessments by Appointment 4:00 Planning  5:00 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:30 Health Education: Diabetes 6 Week Management Class (Day 4) (Rm 307-Social Act) 9:30 - 11:00 We GLEAN 10 - 2pm Grocery Plus Pick Up + Sign Up 10:00 Advanced Stability ball 10:30 Activity Hour: macrame plant holders 11:00 Chair Stretch 12:00 Lunch 1:00 Health Education-Heat and Hydration  1:30 2:00 "Rec Room" 2:00 Activity Hour: Photography Class 2:30 Dancing for Life 2:00 Nutrition Counseling by Appt Only 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Current Events 9:00 Trip to Rock Creek Park Planetarium (Deborah) 9:00 Health Education: Men's Health 9:30 Trip to Dollar Tree 9:30 Technology Training 10:00 - 3:00 Dr. Myers Social Services Consultations 10:00 Garden Club Workday + Cooking Demo with Juju 11:00 Health Education 12:00 Lunch 1:00 "The Healing Circle" 1:00 Health Education 1:00 Spanish Class 2:00 Quilting - Rm B01 2:00 Activity Hour - Chess class 2:00 Nutrition Counseling by Appt Only 3:00 Health Assessments by Appointment 4:00 Planning  5:00 6:00 Fitness w/Tee 7:00 Close	8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 9:00 Health Education- Immunization Education Seminar 9:30 Computer Training (1st Session) 9:30 Intermediate Stability ball 10:00 Senior Self Defense Class w/Calvin Hopkins 10:15 Nutrition Bingo!  10:00 10:45 Advanced Stability ball 10:30 White House Tour 11:00 Computer Training (2nd Session) 11:00 Activity Hour Crochet, circle loom, knitting 11:00 Health News 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Aerobics w/Kojak 1:30 Produce Plus Distribution 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 4:00 Planning 4:30 Close	7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"  7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close

Please be advised that the daily calendar events are subject to change. Please check whiteboard in lobby for any additions or changes. Thank you

Activity Key: Orange- Activities Purple -Health Promotion Green - Nutrition Pink - Fitness Red -Special Event Blue -Trips Gray - Combined Activity

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8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"  8:45 Strength Training 8:45 Coffee & Conversation 9:00 Health Education- Skin Rashes, Psoriasis, Eczema and other skin conditions 9:30 - 11:00 HEED Program 10:00 Reiki with BFSWC Practitioners- Rm 308 9:45 Aerobics Combo 10:30 Beginner Therapeutic Stability ball 10:30 Tai Chi 11:00 Health Education- Rm 306 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Health Education-Heat and Hydration 1:00 "Rec Room"- B-08  1:30 4:00pm Individual Piano Lessons 2:00 Sewing Class 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Health Education-Brain Gym 9:30 Yoga @ Yoga Heights 9:30 Intermediate Stability ball 9:30 to 11:00 Reiki with Ruth 10:15 What's so Great About Tomatoes? (Hint: Lycopene!) 11:00 Aerobics w/Kojak 11:00 - 1:00 Staff Meeting 12:00 Lunch 1:30 Produce Plus Distribution 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (/Ruth) 2:00 Beginner's Quilting Class - Rm. B01 3:00 - 4:30 We GLEAN 3:00 Health Assessments by Appointment 4:00 Planning  5:00 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close	Falen Out 7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:30 Health Education: Diabetes 6 Week Management Class (Day 5) 9:00 - 11:00 We GLEAN 10:00 Advanced Stability ball 9:30 Senior Self Defense Class w/Calvin Hopkins 10:30 Reiki Share 11:00 Health Assessments 11:00 Chair Stretch 11:45 Fitness News 12:00 Lunch 1:00 Health Education  1:30 2:00 Nutrition Counseling by Appt Only (Lan Out of Office) 2:30 Dancing for Life 2:00 Activity Hour - Photography Class 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	Falen Out 7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education- Women's Health 9:30 Technology Training 9:30 Ab-Licious Workout  10:15 Beginner Therapeutic Stability ball 10:30 Trip to the "By the White House" Farmers' Market (Lan) 10:00 - 3:00 Dr. Myers Social Services Consultations 10:45 Aerobics Combo 11:00 Health Education 11:30 Massage with Jada 12:00 Lunch 1:00 Spanish Class 1:00 "The Healing Circle" 1:00 Health Education- 2:00 Nutrition Counseling by Appt Only 2:00 Quilting - Rm B01 2:00 Activity Hour - Checkers 4:00 Planning  5:00 6:00 Fitness w/Tee 7:00 Close	Falen Out 8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 9:00 Health Education- The Weight of a Nation- HBO Documentary Screening 9:00 - 11:00 Cooking Matters 9:30 Computer Training (1st Session) 9:30 Intermediate Ball 10:00 New Member Orientation 10:00 Senior Self Defense Class w/Calvin Hopkins 10:00  10:45 Advanced Stability ball 11:00 Computer Training (2nd Session) 11:00 Health News 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Aerobics w/Kojak 1:30 Produce Plus Distribution 2:00 HAPPY HOUR  4:30 Close	7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"  7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close

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Monday 17 STAIRS CHALLENGE	Tuesday 18 STAIRS CHALLENGE	Wednesday 19 STAIRS CHALLENGE	Thursday 20 STAIRS CHALLENGE	Friday 21 STAIRS CHALLENGE	Saturday 22 STAIRS CHALLENGE
<p>Falen Out 8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Coffee & Conversation 8:45 Strength Training 9:00 Health Education: Endorphins and Mood 9:30 - 11:00 HEED Program 10:00 Reiki with BFSWC Practitioners 10:30 New Member Orientation 10:30 Beginner Ball 10:30 Tai Chi 11:00 Health Education- 306 Video 11:15 Low Impact Fitness Video 12:00 Lunch 1:00 Health Education- Medication Management 1:00 "Rec Room" -(B-08) 1:30 DC Public Library Presentation</p>  <p>1:30 1:30- 4:00pm Individual Piano Lessons (Lan) 2:00 Sewing Class 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Health Education- Brain Gym 9:30 Yoga @ Yoga Heights 9:30 Intermediate Ball 9:30 to 11:00 Reiki with Ruth 10:00 Garden Club with Juju 11:00 Aerobics w/Kojak 11:00 Assessments (Fitness/Health) 12:00 Lunch 1:30 Produce Plus Distribution 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (Falen) 2:00 Beginner's Quilting Class - Rm. B01 3:00 Health Assessments by Appointment 4:00 Planning</p>  <p>5:00 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:00 - 11:00 We GLEAN 9:30 Senior Self Defense Class w/Calvin Hopkins 9:30 Health Education: Diabetes 6 Week Management Class (Day 6) Graduation Ceremony! 10:30 Town Hall Meeting 12:00 Lunch  <p>1:00 2:00 Nutrition Counseling by Appt Only 2:30 Dancing for Life 2:00 Activity Hour: Photography Class 3:00 Health Assessments by Appointment 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close</p> </p>	<p>1:00 Falen Out 7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education: Health News 9:30 Technology Training 9:30 Ab-Licious Workout  <p>10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 What's so Great About Mushrooms? (Hint: Vit D!) 10:15 Beginner Ball 10:30 Trip to Woodrow Wilson Plaza for Live Performance 10:45 Aerobics Combo 12:00 Lunch 1:00 "The Healing Circle" 1:00 Spanish Class 1:00 Jazz Musician Performance w/Ricardo Mowatt 2:00 Nutrition Counseling by Appt Only 2:00 Quilting - Rm B01 2:00 Activity Hour - Chess class 4:00 Planning</p>  <p>5:00 6:00 Fitness w/Tee 7:00 Close</p> </p>	<p>Falen Out 8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 9:00 Health Education: Weight of a Nation Part 2 Documentary 9:00 - 11:00 Cooking Matters 9:30 Computer Training (1st Session) 10:00 Senior Self Defense Class w/Calvin Hopkins  <p>10:00 10:45 Advanced Ball 11:00 Health News 11:00 Activity Hour Crochet, circle loom, knitting 11:00 Computer Training (2ndt Session) 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Health Education- Understand Lab Results 1:00 Aerobics w/Kojak 1:30 Produce Plus Distribution 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 3:00 Interdisciplinary Team Planning Meeting 4:00 Planning 4:30 Close</p> </p>	<p>7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"</p>  <p>7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close</p>

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Monday 24 NO SUGAR CHALLENGE	Tuesday 25 NO SUGAR CHALLENGE	Wednesday 26 NO SUGAR CHALLENGE	Thursday 27 NO SUGAR CHALLENGE	Friday 28 NO SUGAR CHALLENGE	Saturday 29 NO SUGAR CHALLENGE
8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"  8:45 Strength Training 8:45 Coffee & Conversation 9:00 Health Education: No Sugar Week- Seminar 9:30 - 11:00 HEED Program 9:45 Aerobics Combo 10:00 Reiki 10:30 Tai Chi 10:30 Beginner Ball 11:00 Health Education 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Arena Stage 2015-2016 Season Presentation 1:00 Health Education: Mental Health-Signs and Symptoms 1:00 "Rec Room Rm. B-08  1:30 1:30- 4:00pm Individual Piano Lessons (Lan) 2:00 Sewing Class 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Living Well: Brain Gym 9:30 Yoga @ Yoga Heights 9:30 Intermediate Ball 9:30 to 11:00 Reiki with Ruth 11:00 Aerobics w/Kojak 11:00 Assessments 12:00 Lunch 12:45 Book Club 1:30 Produce Plus Distribution 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group(Ruth) 2:00 Beginner's Quilting 3:00 - 4:30 We GLEAN 3:00 Health Assessments by Appointment 4:00 Planning  5:00 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:00 - 11:00 We GLEAN 9:30 Health Education: Urinary Incontinence 10:00 Advanced Stability ball 10:30 Activity Hour: macrame plant holders 11:00 Chair Stretch 12:00 Lunch  1:30 2:00 Activity Hour: Photography Class 2:00 Nutrition Counseling by Appt 2:30 Dancing for Life 3:00 Health Assessments by Appointment 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education: Chronic Disease Management 9:30 Technology Training 9:30 Ab-Licious Workout  10:15 Beginner Ball 10:00 Trip to the National Museum of African Art 10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 What's so Great About Cauliflower? (Hint: Fiber!) 10:45 Aerobics Combo 11:00 Health Education 11:30 Massage with Jada 12:00 Lunch 1:00 "The Healing Circle" 1:00 Health Education- 1:00 Spanish Class 2:00 Nutrition Counseling by Appt Only 2:00 Quilting - Rm B01 2:00 Activity Hour - Checkers 3:00 Health Assessments by Appointment 4:00 Planning  5:00 7:00 Fitness w/Tee 7:00 Close	(Deborah out) 8:30-6:45 Open Gym & Computer Lab 8:45 Coffee & Conversation 8:45 Core Strength 9:00 Health Education- Hepatitis C Testing Medstar- Washington Hospital 9:00 - 11:00 Cooking Matters 9:30 Computer Training (1st Session) 10:00 New Member Orientation 10:00 Senior Self Defense Class w/Calvin Hopkins  10:00 10:45 Advanced Ball 11:00 Activity Hour - Crochet, circle loom, knitting 11:00 Computer Training (2nd Session) 11:15 Arthritis/Low Impact Aerobics 11:45 Health News 12:00 Lunch 1:00 Aerobics w/Kojak 1:30 Produce Plus Distribution 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 4:00 Planning 4:30 Close	(Deborah out) 7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"  7:45 Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close

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Monday
 31

CELEBRATE!

8:30-4:15 Open Gym
 & Computer Lab

"BOOT CAMP MONDAY"



8:45 Strength Training
 8:45 Coffee & Conversation

9:00 Health Education: Fat
 Deposits and your Heart

9:30 - 11:00 HEED Program

9:45 Aerobics Combo

10:00 Reiki

10:30 Tai Chi

10:30 Beginner Ball

11:00 Health Education

11:15 Arthritis/Low Impact

Aerobics

12:00 Lunch

1:00 Health Education: Mental
 Health-Signs and Symptoms

1:00 "Rec Room Rm. B-08

1:30  **ENHANCE
 FITNESS**

1:30- 4:00pm Individual Piano
 Lessons (Lan)

2:00 Sewing Class

3:00 Fitness Counseling &
 Assessments by Appointment
 Only

4:00 Planning

4:30 Close

No Sugar Challenge!



**August 24th
 thru
 August 29th**



Fun facts about taking the stairs:

- Even two flights of stairs climbed per day can lead to six pounds of weight loss over one year. (*seniorlifehealth.com*)
- Climbing stairs can improve the amount of "good cholesterol" in the blood and will also help lower the LDL cholesterol level (the "bad" cholesterol). (*Duke.edu*)
- Taking the stairs firms up your glutes and quadriceps while increasing your bone density(*transformationtrainer.com*)
- While climbing stairs, you're burning an average of 10 calories a minute! That's 7x more calories a minute than *standing in an elevator* (*transformationtrainer.com*)
- If you have bad knees, try taking the stairs up and taking the elevator down. (*transformationtrainer.com*)
- Stair climbing can add life to your years. Those who climb stairs on a daily basis have greater leg strength and aerobic capacity, allowing them to participate more fully in a wide range of daily activities. (*seniorlifehealth.com*)
- Using the stairs requires no special skill, equipment, or clothing and it burns twice as many calories as walking (*seniorlifehealth.com*)



**Join in the "Take the Stairs!" Challenge
 August 10th - August 22nd**

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Things to Remember: Notes, Appointments, etc.

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